Meijer.com

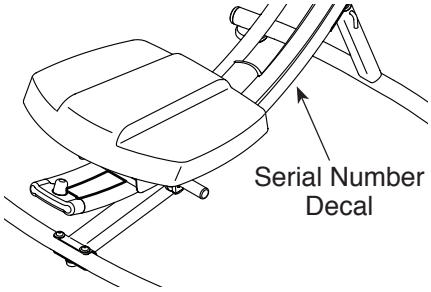
PRO-FORM®

ab GLIDER™ PLATINUM

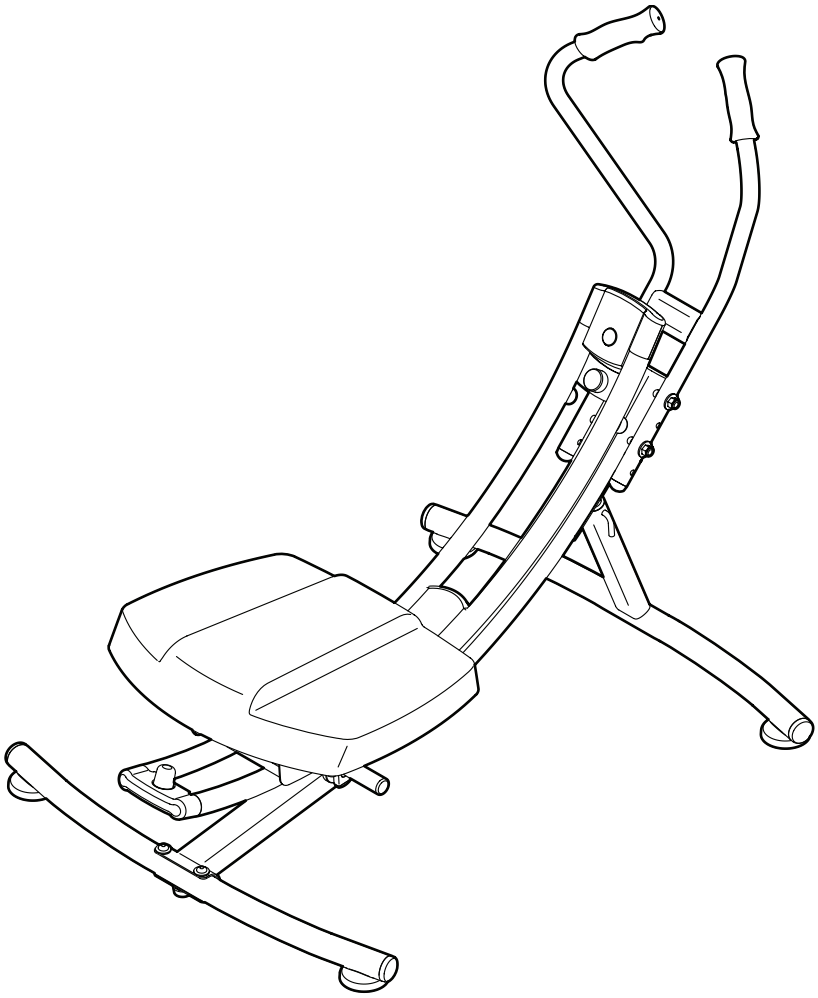
www.proform.com

Model No. PFBE19611.1
Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

FREE
ifit HOW-TO VIDEOS
www.iFit.com

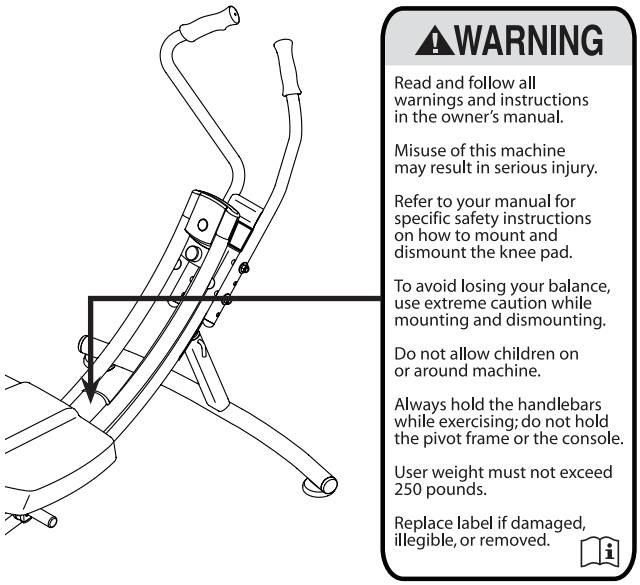
Meijer.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
HOW TO USE THE ABDOMINAL EXERCISER 10
EXERCISE GUIDELINES 12
PART LIST 14
EXPLODED DRAWING 15
ORDERING REPLACEMENT PARTS 16
LIMITED WARRANTY 16

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
Read and follow all warnings and instructions in the owner's manual.
Misuse of this machine may result in serious injury.
Refer to your manual for specific safety instructions on how to mount and dismount the knee pad.
To avoid losing your balance, use extreme caution while mounting and dismounting.
Do not allow children on or around machine.
Always hold the handlebars while exercising; do not hold the pivot frame or the console.
User weight must not exceed 250 pounds.
Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your abdominal exerciser before using your abdominal exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the abdominal exerciser only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the abdominal exerciser are adequately informed of all precautions.
4. The abdominal exerciser is intended for home use only. Do not use the abdominal exerciser in any commercial, rental, or institutional setting.
5. Keep the abdominal exerciser indoors, away from moisture and dust. Do not put the abdominal exerciser in a garage or covered patio, or near water.
6. Place the abdominal exerciser on a level surface, with carpet or a non-slip mat beneath it. Make sure that there is enough clearance around the abdominal exerciser to mount, dismount, and use the abdominal exerciser.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the abdominal exerciser at all times.
9. The abdominal exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the abdominal exerciser. Always wear athletic shoes for foot protection while exercising.
11. Use extreme caution while mounting and dismounting the abdominal exerciser (see HOW TO MOUNT AND DISMOUNT on page 10). Always hold the handlebar while exercising; do not hold the pivot frame or the console.
12. Keep hands and feet away from moving parts.
13. When using the optional weights on the weight tubes (see page 4), always secure the weights with the weight retainers.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

Meijer.com

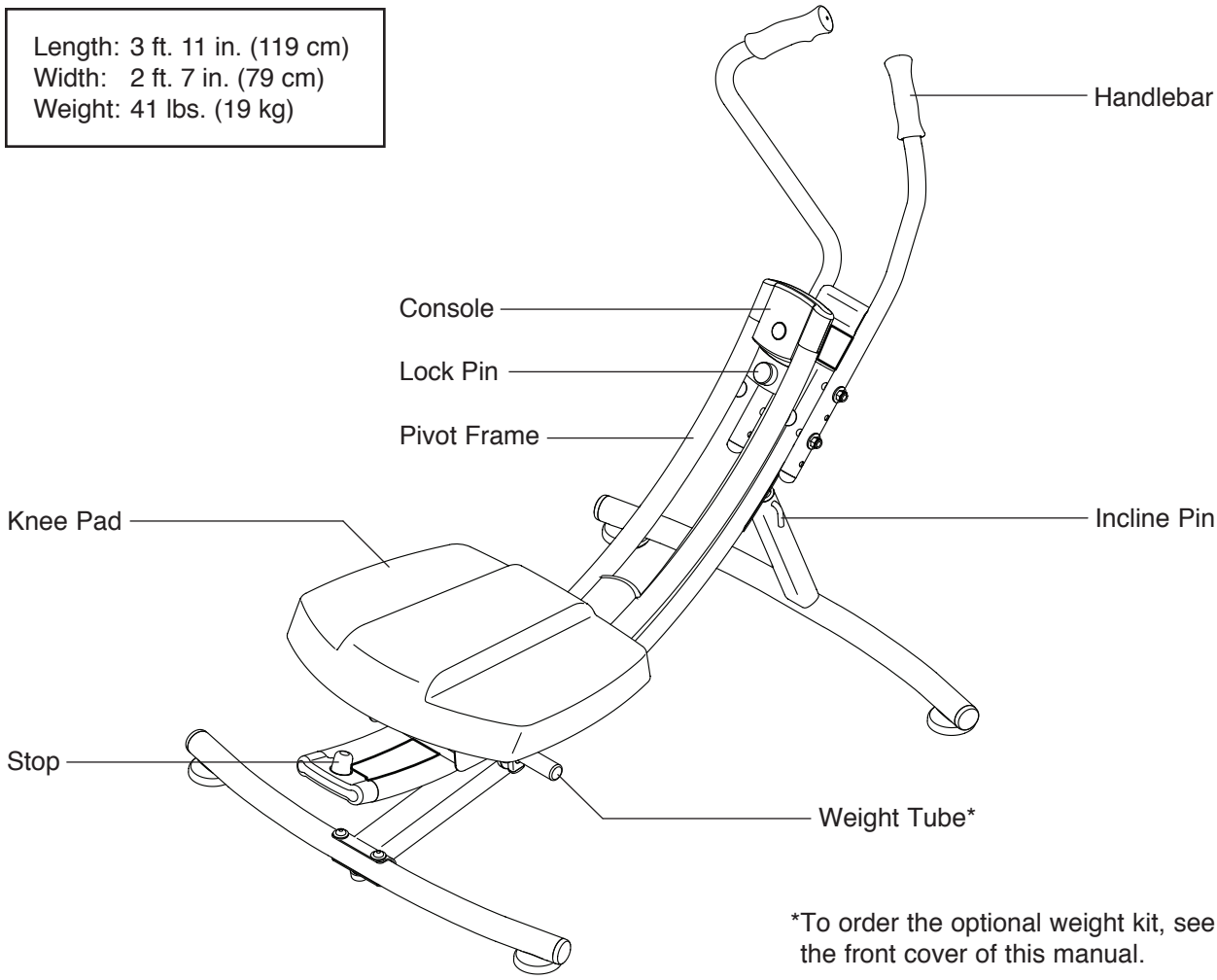
BEFORE YOU BEGIN

Thank you for selecting the PROFORM® AB GLIDER PLATINUM abdominal exerciser. The versatile AB GLIDER PLATINUM abdominal exerciser is designed to help you develop your core muscles, improve your muscle tone, achieve a shapelier figure, and increase your overall fitness.

For your benefit, read this manual carefully before using the abdominal exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Length: 3 ft. 11 in. (119 cm)
Width: 2 ft. 7 in. (79 cm)
Weight: 41 lbs. (19 kg)

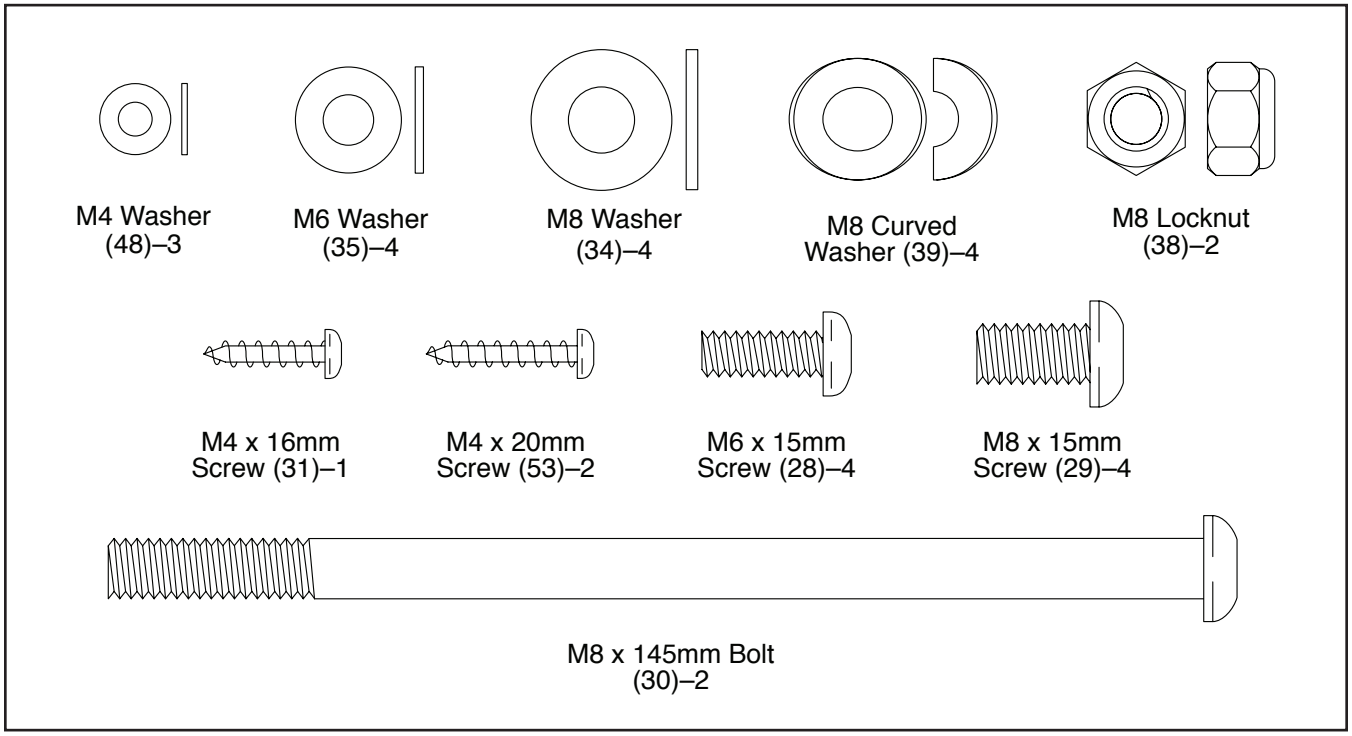


*To order the optional weight kit, see the front cover of this manual.

Meijer.com

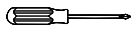
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**


M4 Washer (48)–3
M6 Washer (35)–4
M8 Washer (34)–4
M8 Curved Washer (39)–4
M8 Locknut (38)–2
M4 x 16mm Screw (31)–1
M4 x 20mm Screw (53)–2
M6 x 15mm Screw (28)–4
M8 x 15mm Screw (29)–4
M8 x 145mm Bolt (30)–2

ASSEMBLY

- To hire an authorized service technician to assemble the abdominal exerciser, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- In addition to the included tool(s), assembly requires the following tools:

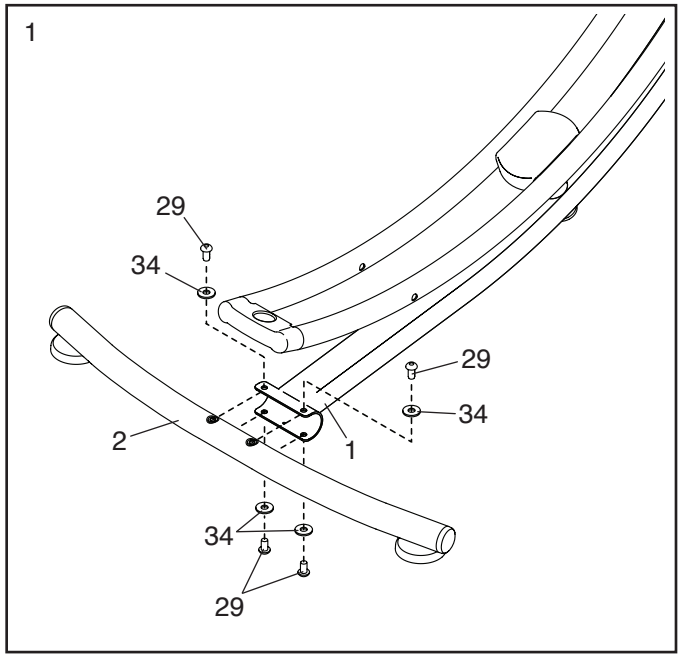
  one Phillips screwdriver 

  one adjustable wrench

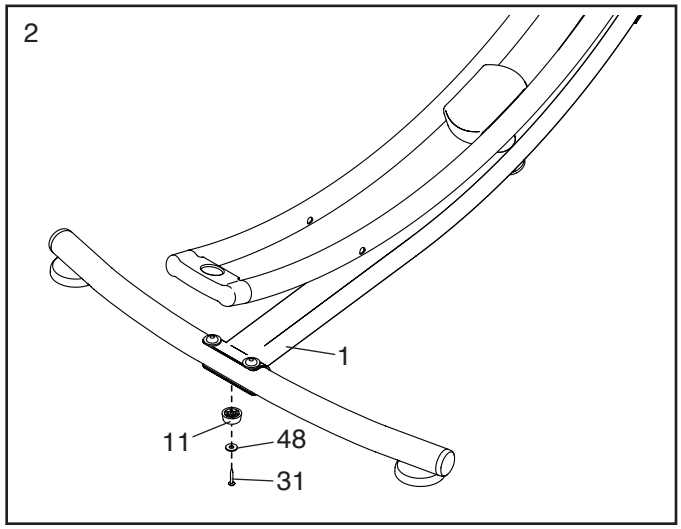
  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Rear Stabilizer (2) as shown.

   Attach the Rear Stabilizer (2) to the Main Frame (1) with four M8 x 15mm Screws (29) and four M8 Washers (34). **Start all four Screws, and then tighten them.**



2. Attach the Frame Foot (11) to the underside of the Main Frame (1) with an M4 x 16mm Screw (31) and an M4 Washer (48).

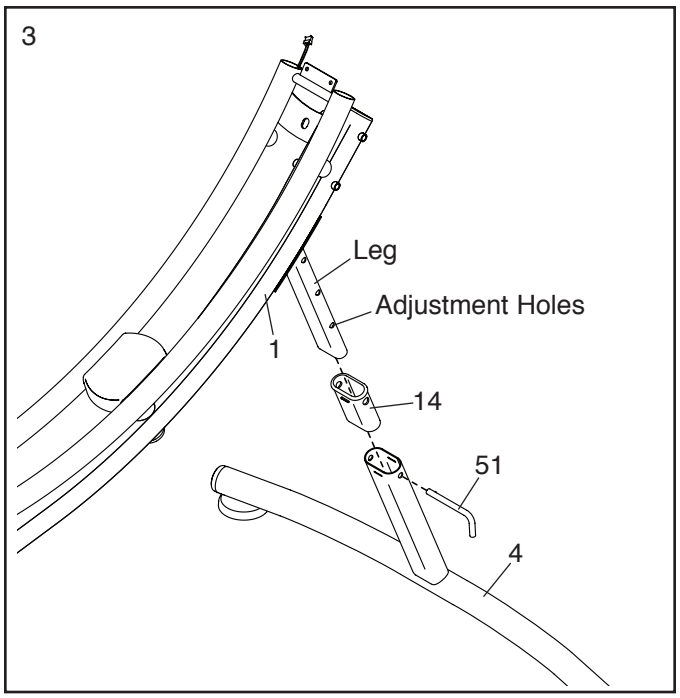


Meijer.com

3. Insert the Sleeve (14) into the Front Stabilizer (4).

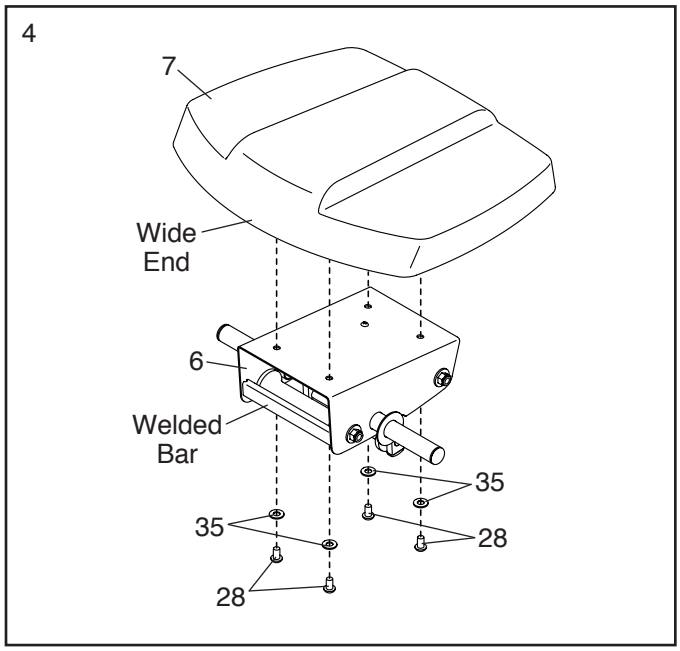
   Next, orient the the Front Stabilizer (4) as shown, and insert the leg on the Main Frame (1) into the Front Stabilizer.

   Then, insert the Incline Pin (51) into the Front Stabilizer (4) and into one of the three adjustment holes in the leg on the Main Frame (1).

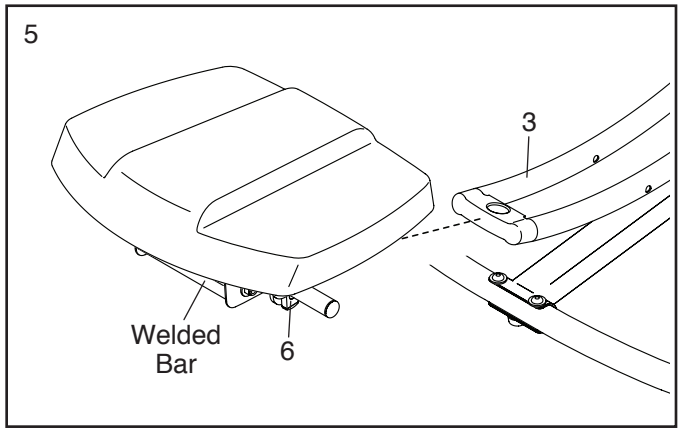


4. Orient the Knee Pad (7) and the Carriage (6) as shown.

   Attach the Knee Pad (7) to the Carriage (6) with four M6 x 15mm Screws (28) and four M6 Washers (35).



5. Orient the Carriage (6) as shown. Slide the Carriage onto the Pivot Frame (3).

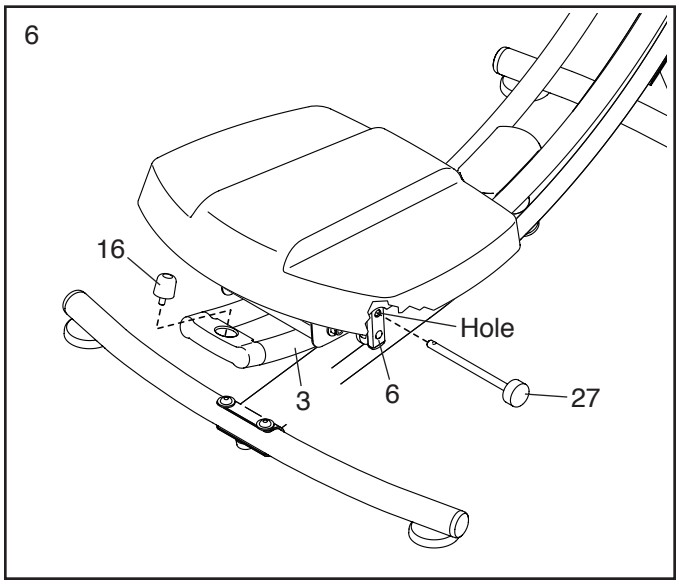


Meijer.com

6. Move the Carriage (6) to the position shown, and align the indicated hole in the Carriage with the corresponding hole (not shown) in the Pivot Frame (3).

   Insert the Lock Pin (27) into the Carriage (6) and the Pivot Frame (3).

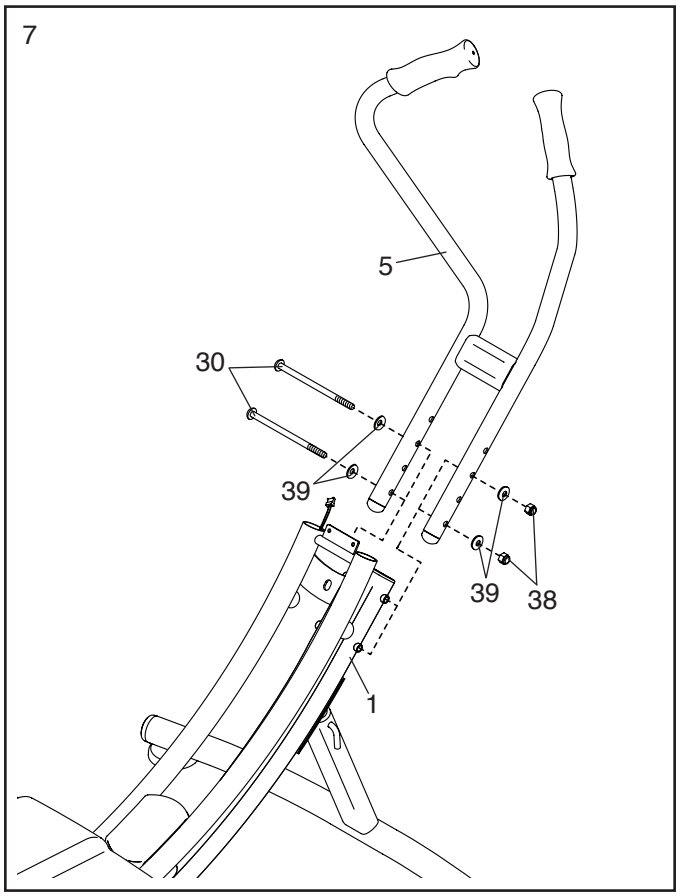
   Then, tighten the Stop (16) into the Pivot Frame (3).



7. Note: There are two sets of holes near the lower end of the Handlebar (5); the Handlebar can be attached at either of two heights.

   Attach the Handlebar (5) to the Main Frame (1) with two M8 x 145mm Bolts (30), four M8 Curved Washers (39), and two M8 Locknuts (38).

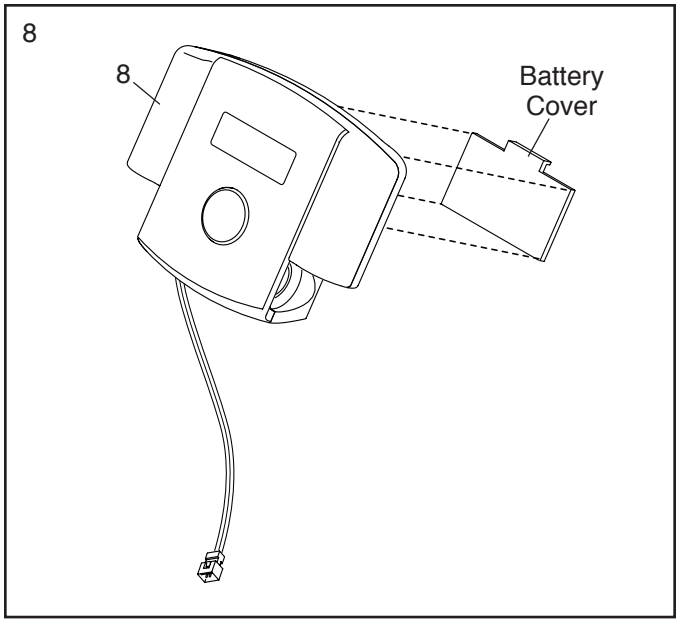
   Tip: It may be helpful to use a hex key to turn each M8 x 145mm Bolt (30) while you insert it through the Handlebar (5) and the Main Frame (1).



Meijer.com

8. The Console (8) requires one AAA battery (not included); an alkaline battery is recommended. **IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before you insert a battery. Otherwise, you may damage the display or other electronic components.**

   Remove the battery cover from the back of the Console (8). Next, insert a battery into the Console; **make sure that the battery is oriented as shown by the markings inside the Console.** Then, reattach the battery cover.

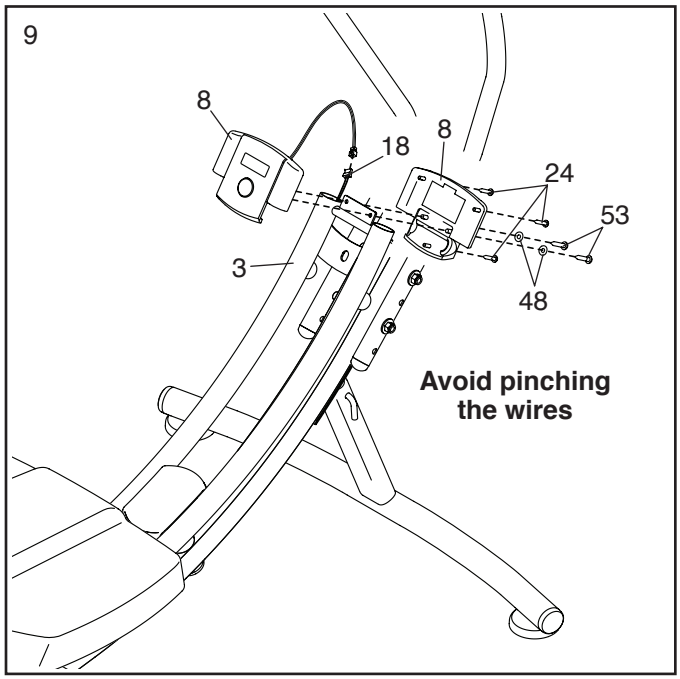


9. Remove the three M3 x 15mm Screws (24) from the Console (8), and remove the back of the Console.

   Connect the wire on the Console (8) to the Reed Switch Wire (18) inside of the Pivot Frame (3). Then, insert the wires downward into the Pivot Frame.

   Tip: Avoid pinching the wires. Attach the front and back of the Console (8) to the upper end of the Pivot Frame (3) as shown with two M4 x 20mm Screws (53) and two M4 Washers (48).

   Then, tighten the three M3 x 15mm Screws (24) into the Console (8).



10. **Make sure that all parts are properly tightened before you use the abdominal exerciser.** Note: After assembly is completed, extra parts may be left over. Place a mat beneath the abdominal exerciser to protect the floor.

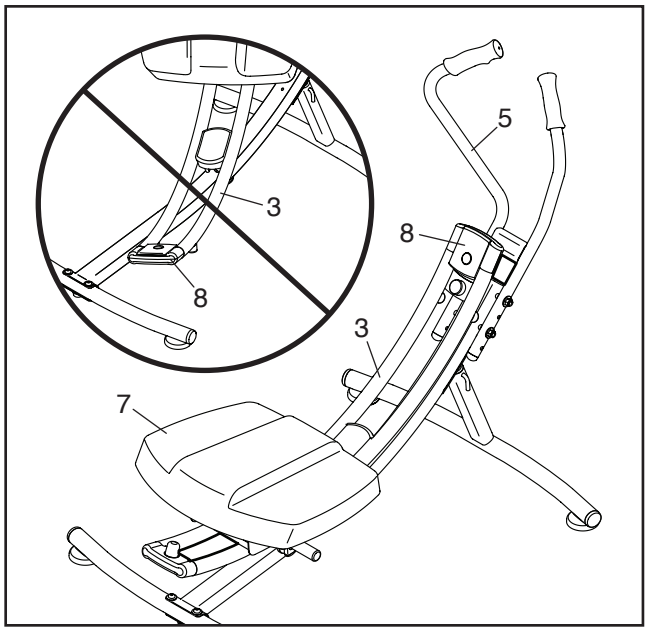
Meijer.com

HOW TO USE THE ABDOMINAL EXERCISER

HOW TO MOUNT AND DISMOUNT

The pivot frame can swivel from side to side, and the knee pad can move forward and backward; to avoid losing your balance, use extreme caution while mounting and dismounting the abdominal exerciser.

First, make sure that the Pivot Frame (3) is in the position shown in the drawing below. **Do not rotate the Pivot Frame so that the Console (8) is near the floor as shown in the inset drawing.**



Next, stand beside the abdominal exerciser and hold the Handlebar (5) firmly with both hands. Place one knee on the Knee Pad (7), halfway between the front of the Knee Pad and the back of the Knee Pad. Then, place your other knee on the Knee Pad. **Always hold the Handlebar while exercising; do not hold the Pivot Frame (3) or the Console (8).**

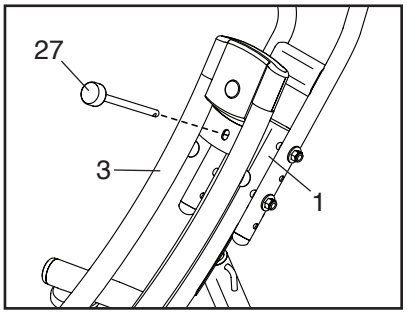
To dismount, hold the Handlebar (5) and place one foot at a time on the floor beside the Knee Pad (7).

HOW TO ADD WEIGHT

To increase the intensity of your exercise, you can add optional weights to the weight tubes on the carriage (see page 4). **To order the optional weight kit, see the front cover of this manual.**

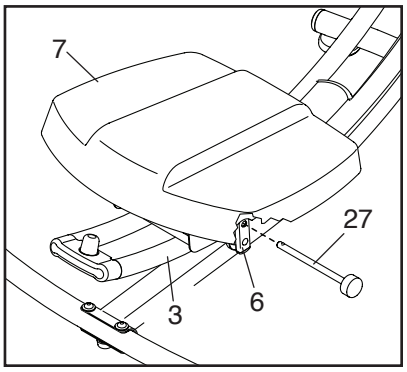
HOW TO LOCK THE PIVOT FRAME

To prevent the Pivot Frame (3) from swiveling from side to side, insert the Lock Pin (27) into the Pivot Frame and the Main Frame (1).



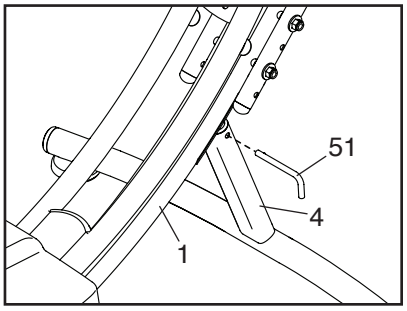
HOW TO LOCK THE KNEE PAD

To prevent the Knee Pad (7) from moving forward and backward, insert the Lock Pin (27) into the Carriage (6) and the Pivot Frame (3).



HOW TO CHANGE THE INCLINE

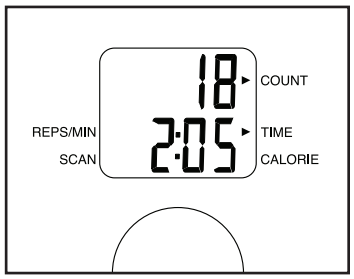
To change the incline of the abdominal exerciser, first remove the Incline Pin (51). Then, raise or lower the Main Frame (1) to the desired height, and **fully insert** the Incline Pin into the Front Stabilizer (4) and into one of the three adjustment holes (not shown) in the Main Frame.



Meijer.com

FEATURES OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts:



Scan—This mode displays the Time, Calorie, and Reps/Min modes in a repeating cycle.

Time—This mode displays the elapsed time.

Count—This mode displays the number of repetitions completed during the current workout.

Calorie—This mode displays the approximate number of calories burned.

Reps/Min—This mode displays the number of repetitions being completed per minute.

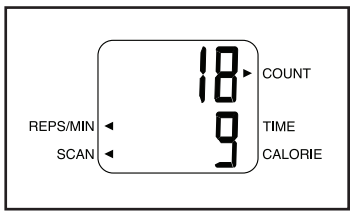
HOW TO USE THE CONSOLE

Note: Make sure that a battery is installed (see assembly step 8 on page 9). If there is a sheet of clear plastic on the display, remove the plastic.

1. **Turn on the console.**

   Press the console button or begin exercising to turn on the console.

2. **Select a mode for display.**

   Scan mode—To select the scan mode, press the console button repeatedly until an arrow appears next to the word SCAN.

   Time, Calorie, or Reps/Min mode—To select one of these modes for continuous display, press the console button repeatedly until an arrow appears next to the desired selection. **Make sure that there is not an arrow next to the word SCAN.**

3. **Begin exercising and follow your progress with the display.**

   As you exercise, the console will provide instant exercise feedback.

4. **Reset the console, if desired.**

   To reset the console display, press and hold the console button for several seconds until zeros appear in the display.

5. **When you are finished exercising, the console will turn off automatically.**

   If you do not move the knee pad and do not press the console button for a few minutes, the console will turn off automatically.

HOW TO USE THE ABDOMINAL EXERCISER

The abdominal exerciser can be used with the pivot frame locked or unlocked (see HOW TO LOCK THE PIVOT FRAME on page 10). In addition, the abdominal exerciser can be used with the knee pad locked or unlocked (see HOW TO LOCK THE KNEE PAD on page 10).

With the pivot frame and the knee pad unlocked, the pivot frame can swivel from side to side and the knee pad can move forward and backward. To exercise, use your core muscles to swivel the pivot frame from side to side and/or to move the knee pad forward and backward.

With the pivot frame locked and the knee pad unlocked, the pivot frame will not swivel from side to side, but the knee pad will move forward and backward. To exercise, use your core muscles to move the knee pad forward and backward.

With the pivot frame unlocked and the knee pad locked, the pivot frame can swivel from side to side, but the knee pad will not move forward and backward. To exercise, use your core muscles to swivel the pivot frame from side to side.

For more information, see the included workout DVDs.

EXERCISE GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

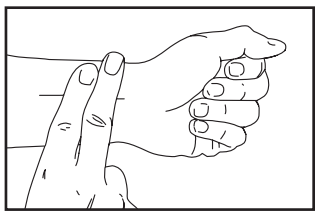
165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

Meijer.com

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

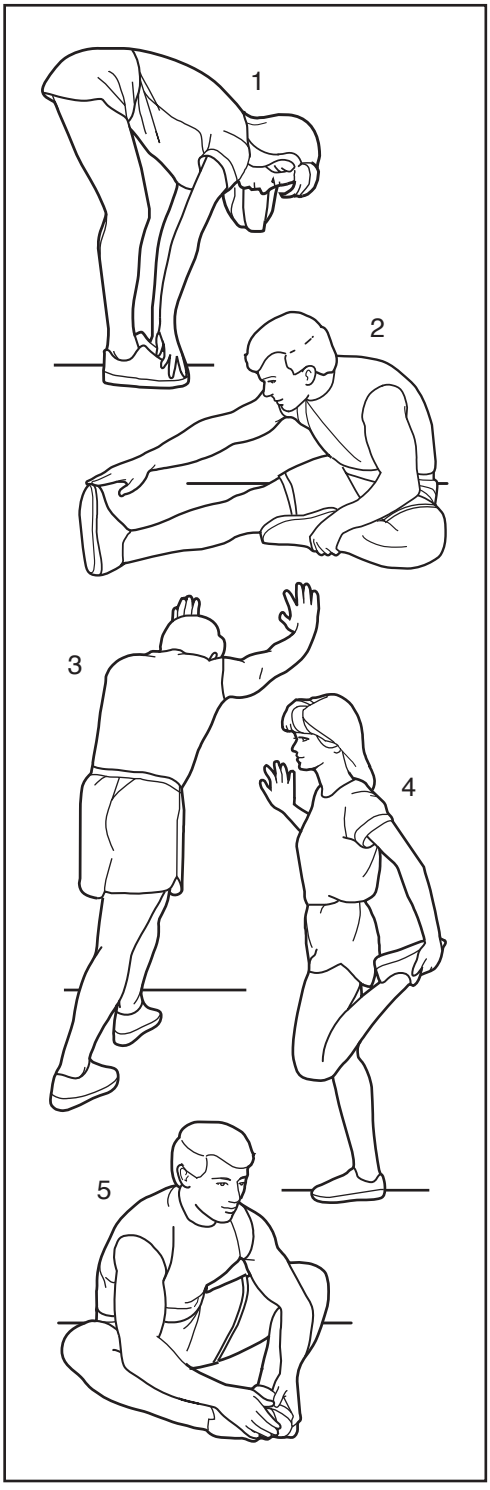
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. PFBE19611.1 R0112A

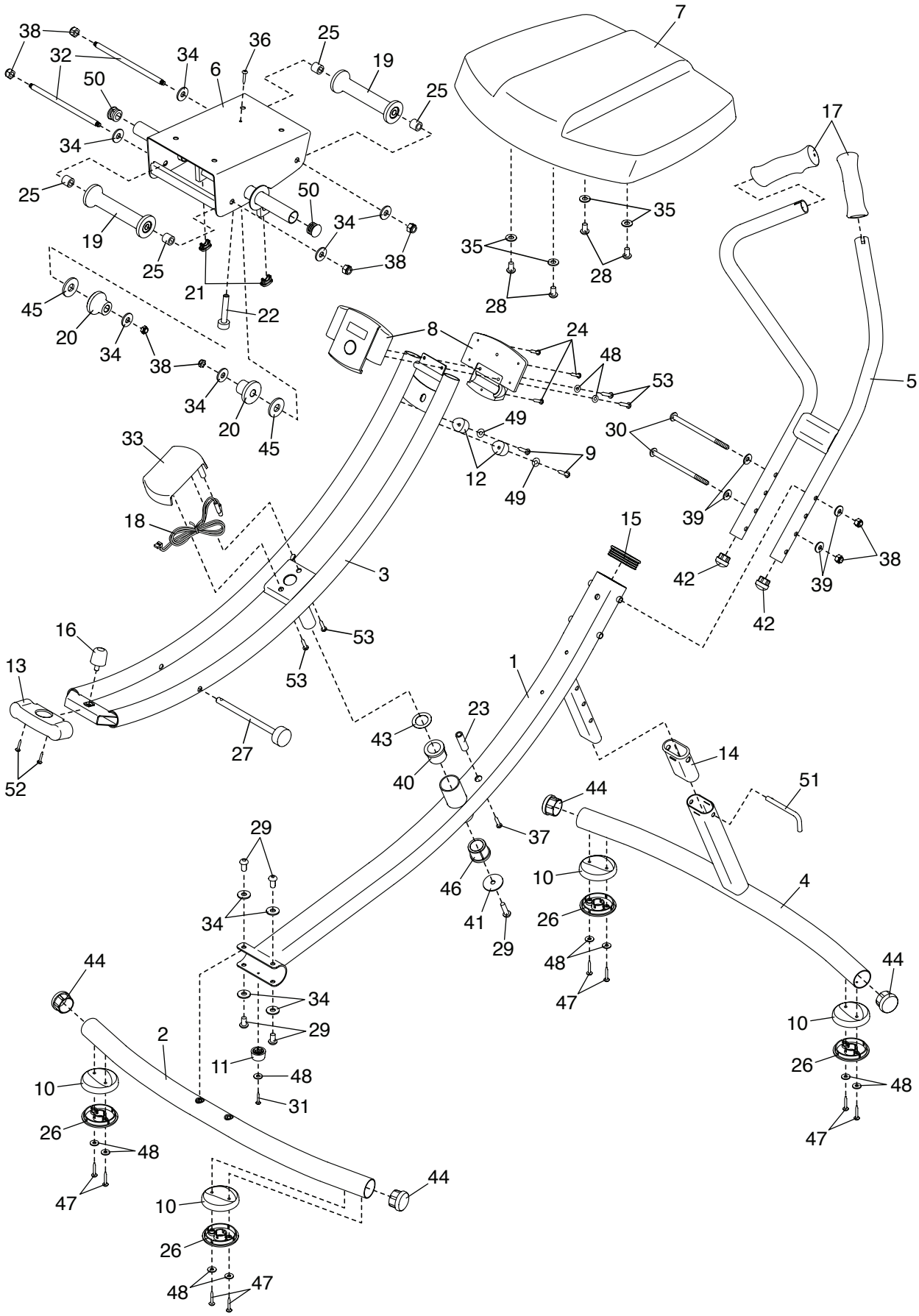
Key No.	Qty.	Description
1	1	Main Frame
2	1	Rear Stabilizer
3	1	Pivot Frame
4	1	Front Stabilizer
5	1	Handlebar
6	1	Carriage
7	1	Knee Pad
8	1	Console
9	2	M5 x 20mm Screw
10	4	Stabilizer Foot
11	1	Frame Foot
12	2	Bumper
13	1	Pivot Frame Cap
14	1	Sleeve
15	1	Main Frame Cap
16	1	Stop
17	2	Handgrip
18	1	Reed Switch/Wire
19	2	Upper Roller
20	2	Lower Roller
21	2	Carriage Cap
22	1	Large Magnet Mount
23	1	Small Magnet Mount
24	3	M3 x 15mm Screw
25	4	Roller Spacer
26	4	Foot Insert
27	1	Lock Pin
28	4	M6 x 15mm Screw
29	5	M8 x 15mm Screw
30	2	M8 x 145mm Bolt
31	1	M4 x 16mm Screw
32	2	Roller Axle
33	1	Pivot Frame Cover
34	10	M8 Washer
35	4	M6 Washer
36	1	M4 x 12mm Screw
37	1	M4 x 40mm Screw
38	8	M8 Locknut
39	4	M8 Curved Washer
40	1	Upper Bushing
41	1	Large Washer
42	2	Lower Handlebar Cap
43	1	Pivot Washer
44	4	Stabilizer Cap
45	2	M13 Washer
46	1	Lower Bushing
47	8	M4 x 25mm Screw
48	11	M4 Washer
49	2	M5 Washer
50	2	Weight Tube Cap
51	1	Incline Pin
52	2	M5 x 16mm Screw
53	4	M4 x 20mm Screw
*	–	Assembly Tool
*	–	Grease Packet
*	–	DVD
*	–	User’s Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

Meijer.com

EXPLODED DRAWING

Model No. PFBE19611.1 R0112A



Meijer.com

ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 326075 R0112A

Printed in China © 2012 ICON IP, Inc.